## Ergonomics Principle



## Raise and/or tilt objects being viewed to keep neck more upright

## Reduces awkward posture-neck bent



Adjustable monitor arm.



A document holder or music stand for printed pages



Stackable monitor risers



Microscope eyepiece extensions

## Other benefit:

Adjusting the height and/or tilt of an item allows the worker to keep his/her head in a more neutral position, thus reducing neck discomfort and muscle fatigue.